



Tucson Community Supported Agriculture

Newsletter 475 ~ February 16, 2015 ~ Online at www.TucsonCSA.org

Winter 2014/15

Harvest list is online

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FISHING, ANYONE?

Tucson CSA member and Arizona Game and Fish Department biologist Kristin Terpening will be in the courtyard this week presenting information on harvesting wild game meat and fish in Arizona.

For many, the locavore movement includes hunting and/or fishing as a means of adding locally, naturally, and humanely "grown" protein to their diets. Come talk to Kristin about responsible and legal fishing!

Here's an added bonus: AGFD is offering a free public fishing event at Silverbell Lake, Christopher Columbus Park, in NW Tucson on Saturday, February 21st from 8:00 to 12:00. AGFD will provide fishing rods/reels, tackle, and bait, and no license is required during the event. This is your chance to try angling with no obligation or purchase of gear.

SALAD MIX IDEAS

It seems to be a little odd to be eating green salads in winter, but hey, we live in Arizona! So, when life gives you lettuce, make salads!



My favorite thing to do with our salad mix or lettuce heads is to chop them coarsely, mix them in a bowl with some nuts or seeds (sunflower seeds, walnuts, etc.) and a salad dressing of your choice. Serve it in bowls, topped with your favorite grilled fish filets, or sprinkle it with crumbled feta, and voila... A light and delicious meal!

Another quick salad fix is Salad-in-a-Jar. Add a tablespoon of salad dressing to an empty quart jar. Add to it some grated carrots, and/or cubed turnips, and/or chopped scallions, and/or some seeds or nuts, then fill up the jar with finely chopped salad mix. Close the jar. Don't shake it, just take it with you to work. When lunchtime comes around, shake your jar to mix all ingredients and eat the contents with a spoon or fork. Very practical!

HERBED RICE (with dill or cilantro)

Rice can be so much more than steamed or boiled rice. It will absorb the flavor of whatever you cook it with. Herbed rice is an excellent way to use significant quantities of dill or cilantro, as opposed to tablespoons at a time as in many recipes. The first time you do it, you will think that there is way too much dill or cilantro. Trust me, please—try it once!

We mentioned Dill Rice in a newsletter last month and later a similar herbed rice recipe was posted on our Facebook page (thank you Resha!). You can make it with cilantro or with dill, with similarly flavorful results!

Resha's Green Rice

In a blender, blend 1 cup leafy greens with 1/2 cup cilantro in 1 cup milk or broth. Sauté 1/2 an onion and some garlic, add 1 cup rice and brown slightly. Combine the blended greens with 3/4 tsp salt and 1 cup more broth. Cover and cook 20 min. Remove from heat, stir and let rest 5 min.

BLACK MOUNTAIN SPRING FERMENTERY'S KOMBUCHA

You saw Brenden offering samples of it and selling it the courtyard last summer in. Since then his kombucha has been for sale in our display fridge by the front desk. Black Mountain Spring Fermentery works out of the Mercado San Agustin's commercial kitchen. They make farmhouse style kombucha, lambic kombucha blends, water kefir, and root beers. Only their kombuchas are available at the CSA.

Come inside and ask for a kombucha sample! The flavors change with every new batch they make. Right now we have their Ginger Fig Kombucha. It sells for \$6 plus a \$2 bottle deposit, refundable when you return the bottle or exchange it.

Grapefruit Marmalade

Sara Jones, Tucson CSA

You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruits
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough, add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

Braised Ground Pork, Potatoes and Dandelion Greens

Philippe, Tucson CSA

There is something about dandelion greens and pork that makes them a perfect combination as the fat of the meat balances the bitterness of the greens.

I usually don't blanch the dandelion greens for this recipe because I like their bitter flavor, but if you prefer a milder flavor, just blanch the greens for a few minutes in salted water before using.

1 pound ground pork, chorizo or Italian sausage
1 bunch dandelion greens, chopped in 2-inch segments
1 pound potatoes, cubed
1 onion, chopped
2 garlic cloves, minced Salt and pepper to taste

In a skillet on medium heat, sauté the meat until browned. No need to add olive oil, as the meat will provide its own fat. Add onions, garlic and potatoes. Stir until the onions are translucent. Cover and reduce heat. Cook for 30 minutes or until the potatoes are soft.

Add the chopped greens and stir until mixed. Add salt and pepper to taste.

Stuffed Tendergreen Rolls

Lorraine Glazar, Tucson CSA

This is a recipe originally for stuffed cabbage, but tendergreens work well, and don't need to be blanched before using. Here the tomatoes and dill work beautifully together.

About 10-12 tendergreens leaves
1 ounce dried mushrooms, such as porcini or other type
1 cup boiling water

1 tablespoon oil
½ onion, diced
3 cloves garlic, chopped
½ cup fresh mushrooms, chopped
1 cup cooked brown rice
½ cup pine nuts
1 egg lightly beaten (or egg substitute of your choice)
1/4 cup chopped dill
1 teaspoon marjoram
1 teaspoon cumin
Salt and pepper to taste
1 ½ cups basic marinara sauce or chopped fire roasted tomatoes

Pour 1 cup boiling water over the dried mushrooms and let them sit for 15 minutes, or according to package directions. Warm oil in frying pan and add diced onion. Sauté 5 minutes or until onion has softened a bit. Add garlic and chopped fresh mushrooms, and sauté another 5 minutes. Remove from heat. Drain the dried mushrooms and reserve the water. Chop as finely as possible. Combine the chopped dried mushrooms, the cooked onion mixture, the brown rice, nuts, egg and spices. Add salt and pepper. Mix the stuffing well. Lay out tendergreens leaves, one at a time. Stuff with about 1/12 of the mixture, starting at the stem end and rolling it like a butcher's wrap package. Roll firmly and place, seam side down, in a shallow casserole. Top with the marinara sauce, and bake uncovered for one hour or more, until the rolls have absorbed most of the sauce.

Dill Ranch Dressing-*new*

Sara Jones, Tucson CSA

This dressing is good for dipping and is a reliable way to get children to eat their veggies. It is simple to make and you can adjust the seasonings to your (or their) taste.

1/4 cup plain yogurt
2 tablespoons mayonnaise
1 tablespoon olive oil
1 tablespoon lemon juice
Handful chopped dill
2 cloves garlic, minced
1 tablespoon finely chopped onion or green onion
Lots of freshly ground pepper and some salt to taste
Pinch of dried Italian herbs, Cajun spices or Herbs de Provence

Put all the ingredients in a jar, cover and shake well to blend. Store in the refrigerator for up to a week.